

Things To Consider When Buying A Carl Lewis Exercise Bike

Exercise Bike Features & Benefits

Just about everyone rode a bicycle as a child, so the exercise is intuitive, with no special technique to be learnt. This means that just about anyone can jump on an exercise bike and start enjoying its benefits straight away. The bike, itself, can be adjusted for different body types, and shapes, with adjustable seat, and handlebar positioning, and the level of difficulty, or resistance, can be varied to suit the requirements of the rider.

Exercise bikes are usually "upright", or "recumbent", in design. An upright exercise bike essentially looks like a traditional, outdoor bicycle – minus its wheels, of course – with a saddle positioned directly above the pedals. This means that the rider can stand up on the pedals, as on an outdoor bicycle, to achieve a high speed, energetic workout. A recumbent exercise bike has the pedals positioned to the front of the rider, who leans back on a seat with a backrest; this type of bike is generally less demanding on the back, and the knee and ankle joints.

Resistance to your movements is provided by friction, air – from a built in fan – or electromagnetism, or magnetism, and can be adjusted manually, or computer controlled in more sophisticated models. Magnetic resistance is generally considered to be the most effective form of resistance, and certainly provides a smooth quiet ride. The Carl Lewis EXB777 Exercise Bike, for example, features computer controlled magnetic tension.

Most exercise bikes, nowadays, provide the rider with information about his, or her, workout, via computer readouts for speed, distance, time and the number of calories expended. A heart rate, or pulse, monitor is also often provided, which can help to maintain the effectiveness of an exercise routine by allowing you to keep your heart rate in its optimum range. Some exercise bikes include programmable computers, and a variety of predetermined exercise programmes that can provide impetus and motivation. The Carl Lewis EMG51 Exercise Bike, for example, has a large computer display, indicating time, speed, etc..

Conclusion

Do bear in mind, especially if you are embarking on a fitness programme for the first time, that you are most likely to be dissuaded from exercising by a form of exercise that makes you feel unsafe, uncomfortable, or downright bored. Make sure that you choose an exercise bike suitable for your body weight – all exercise bike specifications include a maximum weight limit – and with a cushioned, adjustable saddle. Make sure, too, that it includes enough different levels, and options, to keep you interested and motivated.

Responsible Exercise

Any form of exercise, whilst potentially of great benefit, is not entirely without risks and the use of exercise bikes or any other type of exercise equipment may not be appropriate for you. To reduce the risk of any injury, illness or other adverse effects **you should ALWAYS consult your doctor before beginning any form of exercise program**. You should also seek advice from a suitably qualified fitness professional as to the suitability of your proposed fitness programme as this will be determined by your age, weight, gender, current fitness level, any medical conditions and other factors. **As with any exercise, if at any point during the use of an exercise bike you begin to feel faint, dizzy, light headed or experience any other form of physical discomfort, you should stop immediately and consult a doctor.**

About the Author

Sean Clark is Head of eCommerce at Tribal UK. Find a guide to [buying Exercise Bikes](#) at www.tribaluk.com - your home for quality electrical goods delivered FREE of charge to your door!

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